

Wednesday, November 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Weizenbrötchen 1 roll (1 oz)	76	1.76	0.419	12.88	1.1	0.46	2.41	95	0	32
Hähnchenbrustfilet 200 g	220	2.48	0.66	0	0	0	46.18	130	116	
Total	296	4.24	1.079	12.88	1.1	0.46	48.59	225	116	32
Dinner										
Brokkoli 50 g	17	0.18	0.02	3.32	1.3	0.85	1.41	16	0	158
Thunfisch in Wasser (Konserviert) 100 g	116	0.82	0.234	0	0	0	25.51	338	30	237
Harzer Harzer Käse 50 g	62	0.25	0.1	0	0	0	15	0.8		
Rote Paprika 1/2 medium (approx 2-3/4" long, 2-1/2" dia)	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126
Zwiebeln 1/2 medium (2-1/2" dia)	23	0.04	0.014	5.56	0.8	2.35	0.51	2	0	79
Total	233	1.47	0.403	12.47	3.3	5.7	43.02	357.8	30	600
Snacks/Other										
Scitec Nutrition 100% Whey Protein Professional 1 Messlöffel, 30 g	111	2.1	0.7	1.5	0	1.3	21	43	26	133
Ikea Zimtschnecke 42 g	130	5.04		22.96			2.17			

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Zucker 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Kaba Kakao 1/4 x 2 EL, 5 g	19	0	0	4	0.25	3.75	0			
Exquisa Körniger Frischkäse 0,8% 100 g	63	0.8	0.5	1		1	13	750		
Exquisa Frischkäse 0,2% 200 g	128	0.4	0.2	9.6		8.6	20	1500		
Milch 1,5% 100 ml	48	1.6	1.017	4.9	0	5.23	3.5	44	7	
Total	532	9.94	2.417	52.36	0.25	28.27	59.67	2337	33	133
Total	1061	15.65	3.899	77.71	4.65	34.43	151.28	2919.8	179	765